

THE CITIZEN

Vol. 34, No. 3

The 6th Area Support Group Newspaper

February 8, 2005

Stuttgart, Oberammergau and Garmisch, Germany

'To preserve, protect and defend'

*Military plays prominent role
during inauguration*

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Tech. Sgt. Kevin J. Gruenwald (Defense Visual Information)

With his wife Laura at his side, President George W. Bush takes the oath of office to officially begin his second term Jan. 20 in Washington, D.C.

INSIDE THIS EDITION

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SOCEUR celebrates 50 years of service

Special Operations Command, Europe,
celebrates 50 years with a Jan. 21
establishment ceremony on Patch.



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Hoop fans treated to 'Night of Stars'

The inaugural "Night of Stars" showcases
Stuttgart's top basketball players Jan. 21 in
the Patch Fitness Center.



Thorns 'n Roses

From community submissions



Roses to:

Renadja Gaston of the 6th ASG Directorate of Logistics Transportation Office, for the professionalism and kindness she demonstrated to my husband and me during our rushed plans to relocate back to the States.

Ms. Gaston provided excellent "First Choice" customer service to us during what could have been a very stressful, short-notice move from Stuttgart. She is truly an asset to the Stuttgart military community.

Stefan Abraha and Moulay Id Khafi, who staff the customer service desk at the TMP facility on Kelley Barracks. I have never left the TMP office without being impressed by the friendliness, helpfulness and overall professionalism of these two gentlemen.

The process of requesting, picking up or returning a vehicle could be just another of the many hassles we encounter in our workdays, but Mr. Abraha and Mr. Khafi make the experience a truly pleasant one.

Heidi Magnuson of Stuttgart's Army Community Service, for the dedication and talent she has added to our community during her time here. Heidi and her husband will soon be PCSing, and I can only say that Stuttgart will be diminished by their absence.

Thorns to:

Whoever was responsible for the decision to close Charley's Steakery on Kelley Barracks.

I realize that the Kelley community is a small one, but there's got to be a way to provide more than one lunch option for those of us who work here.

E-mail comments to citizen@6asg.army.mil or fax them to 421-2570/civ. 0711-729-2570.

'A global struggle between freedom and fear' Rumsfeld praises all who serve 'on freedom's front lines'

By Donald Rumsfeld
Secretary of Defense

On Jan. 30 in Iraq, the world witnessed an important moment in the global struggle against tyranny, a moment that historians might one day call a major turning point. America's men and women in uniform, who were instrumental in the liberation of Iraq, were there to witness this moment as well.

During the struggle to bring freedom to Iraq, many of you have faced difficult times far from home.

I suspect there have been moments along the way when some of you may have wondered whether or not the effort would be worth the cost, or whether, even, the people you were trying to help truly stood with you.

Last Sunday, the Iraqi people answered those understandable questions in a resounding way, just as voters had in Afghanistan last October.

On the side of freedom

The world is experiencing a global struggle between freedom and fear – and you are on the side of freedom.

That's the side to be on. And the people of Afghanistan, and now the people of Iraq, have chosen to stand with you.

Consider the courage it took for the Iraqi people to go to the polls when they had been warned that the act of voting could cost them and their family members their lives.

Think of the determination they must have possessed to risk becoming targets for bombings or beheadings.

And yet the Iraqis voted – millions of them.

To those who have lost friends or loved ones during this conflict or who have been injured in defense of our freedom, find comfort in knowing that your sacrifices have historic meaning.

Voters arrived on crutches and donkey carts, passing by graffiti warnings on the walls that said: "You vote, you die." Iraqis came to a polling station to vote even after a rocket attack had killed three people several hours earlier.

Children waved Iraqi flags as they witnessed the birth of their new, free system. Elderly women with tears in their eyes held up their voting cards, and voters displayed their ink-stained fingers as badges of honor in the fight against extremism.

Times of consequence

Iraq's security forces also deserve recognition for their bravery and their willingness, despite the threats, to wear their country's uniforms and to provide security on Sunday for both the millions of voters and the thousands of election workers.

These are times of consequence. In the past few months, 50 million free people in Afghanistan and Iraq have begun to build new futures.

They have rejected the extremism that fuels attacks on civilized people. And you have made that possible.

Have no doubt: the courage and sacrifices of U.S. forces have helped to

create the environment in which Afghans and Iraqis are developing the ability to take hold of their countries.

Historic meaning

Now these free people continue to seek your help in building free, democratic and peaceful nations in some of the world's most violent regions.

No one treasures peace more than you who have endured the horrors of war.

So to all of you who are serving on freedom's front lines, and to your families, I offer my deepest appreciation and respect.

To those who have lost friends or loved ones during this conflict or who have been injured in defense of our freedom, find comfort in knowing that your sacrifices have historic meaning.

And know that one day, the people of Iraq and Afghanistan will find a way to thank you, as I do, from the bottom of my heart.

May God bless you and may God bless the United States.

This message originally appeared online Feb. 2 at www.defenselink.mil.

For more about the U.S. military's role in the Iraqi elections see page 11.

THE CITIZEN

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www.stuttgart.army.mil

IN THE MAIL

Stuttgart family thanks community for support in time of tragedy

On Dec. 11, Jeff's dad passed away unexpectedly while visiting us. Of course, this incident shocked us a great deal, but it also demonstrated to us once again what a wonderful community we live in.

There is no way we could thank everyone who assisted us in the aftermath of this tragedy, but we would like to acknowledge the following individuals and organizations for their efforts and support to Jeff's mom and us:

- The 6th Area Support Group military police
- Our great stairwell neighbors and our many friends
- Maj. Gen. & Mrs. Ed LaFontaine
- Lt. Col. Mike Peterman
- The men and women of EUCOM J-4
- Tech Sgt. Teresa Dixon of the European Mission Support Squadron

- Chaplain Terrence Hayes
- EUCOM Commandant Col. Mary Shanks
- Everyone who fed us, called us or otherwise showed their concern and love

The outpouring of support, kindness and expressions of sympathy we were shown during the week and a half that we stayed here until we flew to the States for Dad's memorial service was tremendous.

Jeff's Dad, an Air Force retiree, would have been proud of the wonderful support given to his family.

We are extremely grateful and blessed to be part of a such wonderful and caring community.

Thank you.

Jeff and Judy Ghiglieri
Stuttgart

AFAP attendees evaluate area's quality of life

By Jennifer Sanders

6th Area Support Group Public Affairs Office

Silence may be golden, but definitely not when it comes to the annual Army Family Action Plan conference.

At AFAP gatherings – which are held in military communities throughout the world, individuals are encouraged to stand up and be heard in working forums dedicated to improving quality of life.

The 6th Area Support Group's 2005 AFAP conference was held Jan. 27 in the Swabian Special Events Center on Patch Barracks.

More than 56 Stuttgart- and Garmisch-area residents participated in the daylong affair, which started with a welcome from U.S. European Command Chief of Staff Lt. Gen. Colby Broadwater and ended with a presentation before representatives of the 6th ASG and EUCOM leadership.

Participants in this year's conference were organized into five groups that were focused on specific areas of community life.

For example, Youth and Education delegates (students from Patch High School) voiced their concerns and the challenges they face as young people living in an overseas, multi-service military community, while participants in the Consumer Services Group participants discussed possible improvements to local television choices and customer service.

In the Community Safety and Improvement Group, delegates debated children's indoor play facilities, while members of the Medical and Dental and Entitlements Group evaluated the quality of the area's health care support.

As group members raised concerns, discussed solutions and evaluated the relative merits of the issues discussed, recorders carefully wrote their concerns on issue papers to ensure that the conversations were captured as accurately as possible.

A serious responsibility

Detailing each issue was a responsibility the delegates said they took very seriously.

"We want the 6th ASG to know exactly what we are asking for," said Sandra Takaki, a civilian employee in the Community Safety and Improvements Group.

"If we don't spell it out, we're not doing our job. We can't expect them to read our minds once we walk away from the conference," Takaki said.

"Our idea is to bring solutions that are viable and will benefit the community in a language that is clear enough and proactive," she added.

Army Community Service staff kept the day moving along smoothly behind the scenes while the working groups discussed and evaluated what they felt were Stuttgart's five



By Mildred Green

Army Family Action Plan committee member Sandra Takaki was one of more than 56 Stuttgart- and Garmisch-area residents who took part in the annual conference held Jan. 27.

most valuable and three least valuable services, as well as the top issues they would report at the outbrief.

"The Army's doing a great thing by asking community members these questions," said 6th ASG Command Sgt. Maj. Daniel Chavez, who added that the diversified Stuttgart conference was unique because it drew upon the voices of service members from all branches of the military.

"That not only makes us unique, that makes us the best," Chavez said.

And no one spoke more loudly than did the Youth and Education Group teens, who were cheered on by the other delegates and encouraged to speak their minds.

"A lot of things we tried to do last year actually happened," said 18-year-old Devon Wilford, who listed the turning of the Back Lot bar into a parking lot and the creation of a Teen Lounge as factors that encouraged him serve as an AFAP delegate for a second time.

"Most of the time you feel you don't have a say in what's going on, but this actually gives you a chance to be heard by the people who can make a difference."

Patch High School senior David Kennedy said that Wilford's excitement was contagious. "I heard of how he had an opportunity to voice the opinions of the youth to the 6th ASG and that their opinions actually made a difference. I wanted to be a part of that," he said.

AFAP, Kennedy and Wilford agreed, empowered them to make choices, not rely on the efforts of others.

Read more about the top issues and proposed solutions from Stuttgart's 2005 AFAP conference in the Feb. 22 edition of The Citizen.

News & Notes

Charley's Steakery to close

Charley's Steakery, an AAFES restaurant located in the Kelley Barracks Community Club, will close permanently March 4. From Feb. 28 to March 4, Charley's will be open only from 11 a.m. to 2 p.m.

Black History Month luncheon

Commemorating Black History Month, the Patch Community Club will hold a special luncheon Feb. 16, 11:30 a.m. to 1 p.m. The theme of the event is "The Niagara Movement: Black Protest Reborn, 1905 to 2005."

The cost is \$5.50 per person and includes inspirational messages, music and a buffet featuring fried chicken, ribs, macaroni and cheese and more.

For details call Sgt. 1st Class Carey Williams at 421-2892/civ. 0711-729-2892.

National Prayer Breakfast

The 6th Area Support Group Chaplain's Office is hosting a National Prayer Breakfast Feb. 10, 7 to 8:30 a.m. in the Swabian Special Events Center.

Join in a morning of reflection and worship with Dr. Darrell L. Bock, professor at the Dallas Theological Seminary and author of "Breaking the Da Vinci Code." Music will be provided by the USAREUR Brass Quintet.

Tickets are available for a suggested donation of \$5. For more information call 430-5000/civ. 0711-729-2000.

YS Mardi Gras Dance

The Kelley Barracks Youth Services Torch Club hosts a Mardi-Gras themed dance Feb. 11, 8 to 11 p.m.

Door prizes, dance contests, raffles and giveaways will be provided. Enjoy gumbo, hot wings, dirty rice, fritters and king cake from the center's cooking club.

For more information call Jeff Carpenter or Holly Weddington at 421-2541/civ. 0711-729-2541.

Stuttgart Singers seek pianist

The Stuttgart Singers are looking for a pianist for Monday night rehearsals in the Patch Chapel and concerts.

For more information call Kathy Williams at 07159-44-991 or visit www.stuttgartsingers.de.

Valentine's Day bowling

Bowl your way down Galaxy Lane on Valentine's Day, Feb. 14, 11 a.m. to 11 p.m. in the Galaxy Bowling and Entertainment Center on Panzer Kaserne.

Enjoy "two sweethearts for the price of one," or "two buddies for the price of one" bowling. The cost is \$3.75 and includes shoe rental. All ages are welcome.

For more information call 431-2719/civ. 07031-15-2719.

Polish Joke premieres on Kelley

The Stuttgart Theatre Centre hosts the European premiere of David Ives' comedy about ethnic identity and the eternal American search for "roots" in Polish Joke.

Show dates are Feb. 11, 12, 18, 19, 25 and 26. For more information or to make a reservation call 421-2815/civ. 0711-279-2825 or visit www.kelleytheatre.de.

GAWC hosts Mardi Gras dinner

The German American Women's Club is hosting a New Orleans-style Mardi Gras dinner Feb. 17, 7 p.m., in the Patch Barracks Community Club.

GAWC members, spouses and guests are all invited. The cost is 20 euro with reservations accepted until Feb. 10. For more information call 0711-674-2122 or e-mail ljikizler@yahoo.com.

Comedy show coming to Patch

Come out to the Patch Barracks Community Club Feb. 12, 9 p.m., for Stateline Comedy Night featuring Arvin Mitchell and B. Rich.

The cost is \$30 in advance, \$35 at the door and includes a meal. For ticket information call 0160-664-4468.

Panzer Commissary renovation

The Panzer Commissary will be closed Feb. 21 to 25 for a floor renovation. For more information call Kim Anderson at 430-8401/civ. 0711-680-8401.

Rodeo group meets in Schweinfurt

The European Rodeo Cowboy Association's 2005 general membership meeting is Feb. 19 in Schweinfurt's Abrahams Center. This free event kicks off with the membership meeting at 1 p.m., followed by a DJ spinning country music until 10 p.m.

For directions, or more information call Steve Witt at 0162-440-1238 or Bob Thompson at 0170-145-6565.

Citizen earns 7 'Ware' awards

6th Area Support Group
Public Affairs Office Release

The 6th Area Support Group's command information newspaper was honored seven times in the 2004 Installation Management Agency Europe Region's Maj. Gen. Keith L. Ware Journalism Award Competition.

The Citizen earned a first place award in the Special Achievement in Print Media category for its Sept. 7, 2004, election special edition.

The paper also placed third in the Tabloid-Format Newspaper

category.

Citizen Editor Hugh C. McBride was named the IMA-E Moss-Holland Civilian Journalist of the Year for the second consecutive year, and also placed first in the Commentary category and second in the Photojournalism category.

Assistant Editor Melanie Casey placed third in the Photojournalism category and received an honorable mention for Story Series.

First-place winners at the IMA-E level are forwarded to the Armywide Keith L. Ware competition in March.



Casey



McBride

Maj. Gen. Keith L. Ware was the Army's first Officer Candidate School graduate to reach the rank of general. Ware was also the highest-ranking U.S. Soldier killed in Vietnam.

'No one is more professional than I'

52nd Signal ceremony honors new NCOs

By Sgt. 1st Class Juana Anderson
52nd Signal Battalion

No one is more professional than I." This statement, the first line of the "NCO Creed", set the tone for a Jan. 28 ceremony that honored five newly promoted Army sergeants in the Patch Barracks Theater.

Hosted by Battalion Command Sgt. Maj. Kevin Thompson, the 52nd Signal Battalion's annual NCO Induction Ceremony highlighted the military tradition and crucial responsibility of the non-commissioned officer corps. The program, which was conducted by the noncommissioned officers of the 52nd, highlighted the history, courage and spirit of the NCO corps and the Army itself.

The event's guest speaker, 6th Area Support Group Command Sgt. Maj. Daniel Chavez, reminded all NCOs of their two basic responsibilities, "the accomplishment of the mission and the welfare of my soldiers." NCOs, Chavez emphasized, are "the backbone of the Army," and he charged the new NCOs as well as all those in the audience to "embrace the challenges of leadership."

The five Soldiers honored at the event were Sgt. Timothy Schlee, Sgt. Bradley Beck, Sgt. Brian Traylor, Sgt. Michael Trujillo and Sgt. James Huddleston.

The NCO Creed

No one is more professional than I.

I am a Noncommissioned Officer, a leader of soldiers.

As a Noncommissioned Officer, I realize that I am a member of a time honored corps, which is known as "The Backbone of the Army." I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the Corps, the military service and my country regardless of the situation in which I find myself.

I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers.

I will strive to remain tactically and technically proficient. I am aware of my role as a Noncommissioned Officer.

I will fulfill my responsibilities inherent in that role.

All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own. I will communicate consistently with my soldiers and never leave them uninformed.

I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage.

I will not forget, nor will I allow my comrades to forget that we are professionals, Noncommissioned Officers, leaders!



photos courtesy 52nd Signal Battalion

The new NCOs (foreground) and their sponsors (background) stand before the audience at the 52nd Signal Battalion's NCO induction ceremony Jan. 28 in the Patch Theater.



[Above] Staff Sgt. Dianna Price lights a candle on the stage of the Patch Theater during the 52nd Signal Battalion's NCO induction ceremony Jan. 28. The tradition-laden ceremony highlighted the history, courage and spirit of both the NCO corps and the Army.



[Right] Sgt. Bradley Beck is congratulated by retired Sgt. Maj. John Taylor during the 52nd Signal Battalion's NCO induction ceremony, which served to officially welcome the new NCOs into the corps that forms "the backbone of the Army."



Medal of Honor recipient back in uniform

Story & photo by Eric Cramer
Army News Service

Maj. Alfred Rascon didn't set out to do anything historic. He joined the Army at 17 because he always wanted to.

In action, as a U.S. Army medic in Vietnam, his actions earned him the Medal of Honor — awarded belatedly in the year 2000 as a result of lost paperwork.

He served the Selective Service Administration as a civilian, twice, once as inspector general, and a second time as the organization's director.

Now he's back on active duty, a 59-year-old major who returned to service as part of a retire recall. He has visited both Iraq and Afghanistan motivating and sup-

Maj. Alfred Rascon is one of two Medal of Honor recipients who remain on active duty.

porting Soldiers in the field.

"Coming back on active duty was something I never had to think about," Rascon said. "I've been a Soldier since I was a kid. The best thing I can do now, in the field, is to touch someone, tell them I've been enlisted, I've been an officer, and I've been a civilian — and I know what they're dealing with."

Rascon said the military helped him be a success, taking him from being a poor child in an immigrant neighborhood in Oxnard, Calif., to director of the SSA.

"I came in with nothing at all ... my education wasn't like the others," Rascon said.

Rascon is on medical hold at the moment. Doctors replaced both of his knees last year after the wear and tear of being in the field and climbing in and out of military vehicles wore down his cartilage. He said he is waiting on a medical board to determine his duty status.

He waits, he said, with no regrets.

Assistance available for traumatized troops

By Gerry J. Gilmore
American Forces Press Service

The Defense Department's senior medical adviser said that troops redeployed from combat zones should suffer no stigma for seeking help for their emotional problems.

Some troops who've returned from duty tours in Afghanistan or Iraq are experiencing symptoms associated with post-traumatic stress disorder, said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Winkenwerder had told Tricare conference attendees that DoD is expanding its post-deployment health assessment program, which will soon require all service members – active and reserve components – to fill out a health questionnaire and visit a care provider within three to six months after redeployment.

More than 600,000 pre- and post-deployment health assessments have already been completed, he noted.

He said medical officials learned that service members were exhibiting PTSD symptoms such as chronic nervousness, anger or depression months after they'd returned to their home bases after deployments to combat theaters.

"If you've been in a very stressful environment, to have symptoms like that is normal – you're not crazy," Winkenwerder emphasized.

Yet, if PTSD symptoms aren't identified and dealt with early on,

'If you've been in a very stressful environment, to have symptoms like [nervousness, anger or depression] is normal – you're not crazy'

Dr. William Winkenwerder

Assistant Secretary of Defense for Health Affairs

he explained, then more significant problems could develop.

Some "people could turn to alcohol or other things to try to drive away some of the uncomfortable feelings," Winkenwerder noted.

Service members with PTSD can be treated successfully with the proper support from the unit in conjunction with medical care and family-services assistance as needed, Winkenwerder said.

Troops who believe they may be having trouble adjusting after returning from combat-zone duty shouldn't be afraid of being stigmatized when they seek help, Winkenwerder said.

"If you've got some emotional things going on or psychological things going on, the best thing to do is to reach out and get some help," he said.

Bell Sends: Holiday Safety

Stay aware, alive on roads over Presidents' Day Weekend

By Gen. B.B. Bell
U.S. Army, Europe

On Feb. 21 we will pay tribute to the dedicated Americans who have served as president of our great nation and commander in chief of our armed forces. The presidents we honor on Presidents Day have served in turbulent times and all faced many challenges.

For our deployed warriors, I want to thank each of you for your dedication and courage in our Global War on Terrorism.

For those of you who are not deployed, to give you a head start this holiday weekend I have designated Feb. 18 as a U.S. Army, Europe, training holiday.

This will be the last long weekend of winter, and I hope you take advantage of it by spending time with your family and friends.

Travel smart, safe

If you plan to travel, remember that roads will likely be crowded. Heavy traffic is more than just a nuisance; it increases our exposure to the dangers of other travelers who may be stressed or tired.

You can help avoid getting stuck in traffic or breaking down on Autobahns by carefully planning your trip. This includes checking your vehicle to ensure everything is in order before you set out.

This also includes making sure you know the rules of the road and sticking to them.

When reviewing the rules of the road, pay special attention to those concerning what to do if you are involved in a crash or your vehicle breaks down. A member of our Army team was recently struck by a vehicle on the Autobahn after getting out of his own vehicle.

He had been involved in a minor accident and had pulled over to inspect his car.

Vehicle safety tips

Although we cannot control the behavior of other drivers, we can reduce the chances of getting hurt or

killed in situations like these by doing the following:

- Turn on the vehicle's emergency flashers and move the vehicle away from the traffic lane.
- Take out the warning triangle, open it fully, and place it about 100 meters behind the vehicle (200 meters if on the autobahn) where it can be easily seen by drivers of oncoming vehicles.
- Stay off the road, and do not walk or run across the autobahn.
- Call for help using a cell phone or the nearest emergency telephone (as indicated by the arrows on roadside reflector posts).
- Stay out of the vehicle. Stand behind the guardrail (if there is one), remain alert, and wait for help to arrive.

Soldiers: By now you know that I expect you to have an open and honest conversation with your first-line noncommissioned officer about your plans before a holiday weekend.

I expect a verbal contract between you and your leaders. Failing to do this is selfish.

Not telling your first-line NCO your plans not only puts yourself in jeopardy, it jeopardizes the lives of your family members and friends. Do not let yourself become a weekend statistic.

You are a vital member of the USAREUR team, and your fellow Soldiers depend on you.

Leaders: If a Soldier's plan must be revised because of safety concerns, I expect you to look that Soldier in the eye and say so.

Saying "no" or providing guidance for alternative travels schedules to a Soldier whose plan for the weekend is too risky is a positive act of concern for the well-being of that Soldier.

It also teaches the Soldier to identify, assess, and mitigate risks.

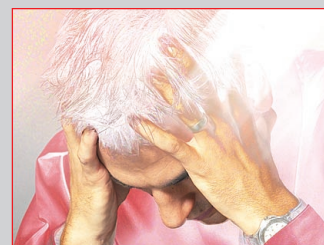
I am convinced that your personal involvement and concern for your Soldiers will make a difference over the Presidents Day weekend, and ultimately save lives. Make it happen!

Doing so will help ensure that we continue to execute with excellence Any Mission, Anywhere.

Bell is commander of U.S. Army, Europe. This and other "Bell Sends" messages can be accessed online at www.hqusareur.army.mil.



Bell



ASIST

Applied Suicide
Intervention
Skills Training

March 24 & 25

Class held in the
Stuttgart Wellness
Center

To register call Michelle
Saylor at 430-4073/civ.
0711-680-4073

SOCEUR celebrates golden anniversary

Story & photo by Melanie Casey

Headquarters, Support Operations Command, Europe, was established in Paris, France, Jan. 22, 1955. Fifty years later, Special Operations Command, Europe, celebrated this golden anniversary with an establishment ceremony Jan. 21 in the Patch Fitness Center gymnasium.

SOCEUR Commander Brig. Gen. Thomas Csrnko focused not on the unit itself, but on the men and women who fill its halls as he addressed the crowd of SOCEUR service members, guests and family members gathered for the occasion.

"The United States is at war," Csrnko said. "The men and women of SOCEUR are committed to provide the operational planning and execution necessary for the employment of our special operations warriors to ensure victory."

"We have been charged with defending the constitution and defeating our enemies, foreign and domestic. That time is now – and we will not tire, we will not falter and we will not fail."

The short ceremony was punctuated by the awarding of the battle streamers, which was performed by Csrnko and Master Chief Paul Knauer.

Transformation over the years

During its history, SOCEUR has undergone several transformations, including name changes and relocations.

The command left Paris for Panzer Kaserne in 1967 – after France pulled out of the North Atlantic Treaty Organization. It moved to its current home, Patch Barracks, in 1983, which was the same year it officially became Special Operations Command, Europe.



SOCEUR Commander Brig. Gen. Thomas Csrnko (right) prepares to affix a battle streamer to the flag during the Jan 21 establishment ceremony on Patch Barracks.

In 1987, SOCEUR became a stand-alone sub-unified command of the European Command with operational control of in theater and dual based Army and Air Force Special Operations forces, according to information provided by SOCEUR.

Initially established "to provide peacetime planning and operational control of special operations forces during unconventional warfare in the U.S. European Command area of responsibility," SOCEUR "will continue to provide the 'point of the spear' for operations throughout the theater."

Current special operation force units that fall under

SOCEUR include the 1st Battalion, 10th Special Forces Group (Airborne); Naval Special Warfare Unit Two; Naval Special Warfare Unit Ten; 352nd Special Operations Group; and the 112th Signal Battalion (Airborne).

SOCEUR hopes to celebrate again next January where it was established 50 years ago – Paris.

For more information about SOCEUR online visit www.socur.eucom.mil.

For more information about Special Operations Command visit www.socom.mil.

"We have been charged with defending the Constitution and defeating our enemies, foreign and domestic. That time is now – and we will not tire, we will not falter and we will not fail."

Brig. Gen. Thomas Csrnko
Special Operations Command,
Europe

U.S. Special Forces train Iraqi counterparts

By Sgt. Jared Zabaldo

Multinational Security Transition
Command, Iraq Public Affairs

The Iraqi special operations force, which is the Iraqi Armed Forces' commando strike force trained by U.S. Army Special Forces units, continues to operate throughout Iraq with multinational force assistance.

The strike force unit was formed after

Iraqi Prime Minister Ayad Allawi asked multinational force personnel to build the Iraqi Armed Forces a high-end strike force in its ongoing security mission against anti-Iraqi forces operating in the country.

Consisting of two trained battalions, including the 36th Commando Battalion – an infantry-type strike force – the force continues to earn distinction in many operations throughout the country, including places like Fallujah, Najaf and Samarra, fighting anti-Iraqi

forces while continuing the stand-up effort of the unit.

The U.S. Special Forces core task of training other nations' military forces to conduct operations allows the Iraqi battalions to provide security for their own homeland.

Iraqi Special Operations recruits the best from the Iraqi National Guard and Iraqi army units currently operating in Iraq.

"A lot of these guys do come from former Iraqi special ops," a Special Forces multinational adviser said.

Outstanding recruits are selected for special operations forces in a vetting process, including exhaustive background checks and skill and unit evaluations along with literacy, psychological and physical tests.

The recruits are also put through various team-building and physical events meant to filter through the recruiting pool.

The selection process runs between 10 to 14 days.

"They are very, very effective," the SF adviser said.

"They exercise extreme discipline and are totally mission focused. And they have taken minimal losses. They're fully capable."

Training efforts continue to improve the commandos' efficiency as the units work

through Special Forces-type training, normally consisting of the following:

- Intense physical training
- Land navigation, small unit tactics and live-fire exercises
- Unconventional warfare operations
- Air mobile operations
- Direct action operations
- Counter-terrorism and survival
- Evasion, resistance, and escape

Special operations Soldiers are an army's unconventional warfare experts, possessing a broad range of operational skills.

Soldiers in the unit routinely negotiate "live-fire," building-clearing exercises involving helicopter rooftop insertions and quick ground assault strikes on buildings and other typical operational scenarios.

The SF adviser said that what the Iraqis are looking for are individuals with a particular mental toughness and aptitude with team-player attributes – a recruiting mission for which the Iraqi Ministry of Defense still leans heavily on multinational advisers' expertise.

Along with conducting the mission in Iraq, U.S. Special Forces continue to train other indigenous militaries such as the Afghan National Army.

For more information about special operations visit www.socom.mil.



[Left] An Iraqi special operations forces soldier clears a house while moving south toward Fallujah during Operation Al Fajr.

courtesy Special Operations Command

‘Patience in the hard task of securing America’

National defense, international security at heart of inaugural address

By George W. Bush
U.S. President

On this day, prescribed by law and marked by ceremony, we celebrate the durable wisdom of our Constitution, and recall the deep commitments that unite our country.

I am grateful for the honor of this hour, mindful of the consequential times in which we live, and determined to fulfill the oath that I have sworn and you have witnessed.

At this second gathering, our duties are defined not by the words I use, but by the history we have seen together. For a half century, America defended our own freedom by standing watch on distant borders.

After the shipwreck of communism came years of relative quiet, years of repose, years of sabbatical – and then there came a day of fire.

We have seen our vulnerability – and we have seen its deepest source. For as long as whole regions of the world simmer in resentment and tyranny – prone to ideologies that feed hatred and excuse murder – violence will gather, and multiply in destructive power, and cross the most defended borders, and raise a mortal threat.

There is only one force of history that can break the reign of hatred and resentment, and expose the pretensions of tyrants, and reward the hopes of the decent and tolerant, and that is the force of human freedom.

We are led, by events and common sense, to one conclusion: The survival of liberty in our land increasingly depends on the success of liberty in other lands.

The best hope for peace in our world is the expansion of freedom in all the world. ...

So it is the policy of the United States to seek and support the growth of democratic movements and institutions in every nation and culture, with the ultimate goal of ending tyranny in our world.

This is not primarily the task of arms, though we will defend ourselves and our friends by force of arms when necessary. Freedom, by its nature, must be chosen, and defended by citizens, and sustained by the rule of law and the protection of minorities. And when the soul of a nation finally speaks, the institutions that arise may reflect customs and traditions very different from our own. America will not impose our own style of government on the unwilling. Our goal instead is to help others find their own voice, attain their own freedom, and make their own way.

The great objective of ending tyranny is the concentrated work of generations. The difficulty of the task is no excuse for avoiding it. America's influence is not unlimited, but fortunately for the oppressed, America's influence is considerable, and we will use it confidently in freedom's cause.

My most solemn duty is to protect this nation and its people against further attacks and emerging threats. Some have unwisely chosen to test America's resolve, and have found it firm.

We will persistently clarify the choice before every ruler and every nation: The moral choice between oppression, which is always wrong, and freedom, which is eternally right. America will not pretend that jailed dissidents prefer their chains, or that women welcome humiliation and servitude, or that any human being aspires to live at the mercy of bullies.

We will encourage reform in other governments by making clear that success in our relations will require the decent treatment of their own people.

America's belief in human dignity will guide our policies, yet rights must be more than the grudging concessions of dictators; they are secured by free dissent and the participation of the governed.

In the long run, there is no justice without freedom, and there can be no human rights without human liberty. ...

There is only one force of history that can break the reign of hatred and resentment, and expose the pretensions of tyrants, and reward the hopes of the decent and tolerant, and that is the force of human freedom.

The rulers of outlaw regimes can know that we still believe as Abraham Lincoln did: “Those who deny freedom to others deserve it not for themselves; and, under the rule of a just God, cannot long retain it.”

The leaders of governments with long habits of control need to know: To serve your people you must learn to trust them. Start on this journey of progress and justice, and America will walk at your side.

And all the allies of the United States can know: we honor your friendship, we rely on your counsel, and we depend on your help. Division among free nations is a primary goal of freedom's enemies. The concerted effort of free nations to promote democracy is a prelude to our enemies' defeat.

Today, I also speak anew to my fellow citizens:

From all of you, I have asked patience in the hard task of securing America, which you have granted in good measure. Our country has accepted obligations that are difficult to fulfill, and would be dishonorable to abandon. Yet because we have acted in the great liberating tradition of this nation, tens of millions have achieved their freedom. And as hope kindles hope, millions more will find it.

By our efforts, we have lit a fire as well – a fire in the minds of men.

It warms those who feel its power, it burns those who fight its progress, and one day this untamed fire of freedom will reach the darkest corners of our world.

A few Americans have accepted the hardest duties in this cause – in the quiet work of intelligence and diplomacy ... the idealistic work of helping raise up free governments ... the dangerous and necessary work of fighting our enemies.

Some have shown their devotion to our country in deaths that honored their whole lives – and we will always honor their names and their sacrifice.

All Americans have witnessed this idealism, and some for the first time. I ask our youngest citizens to believe the evidence of your eyes. You have seen duty and allegiance in the determined faces of our Soldiers. You have seen that life is fragile, and evil is real, and courage triumphs.

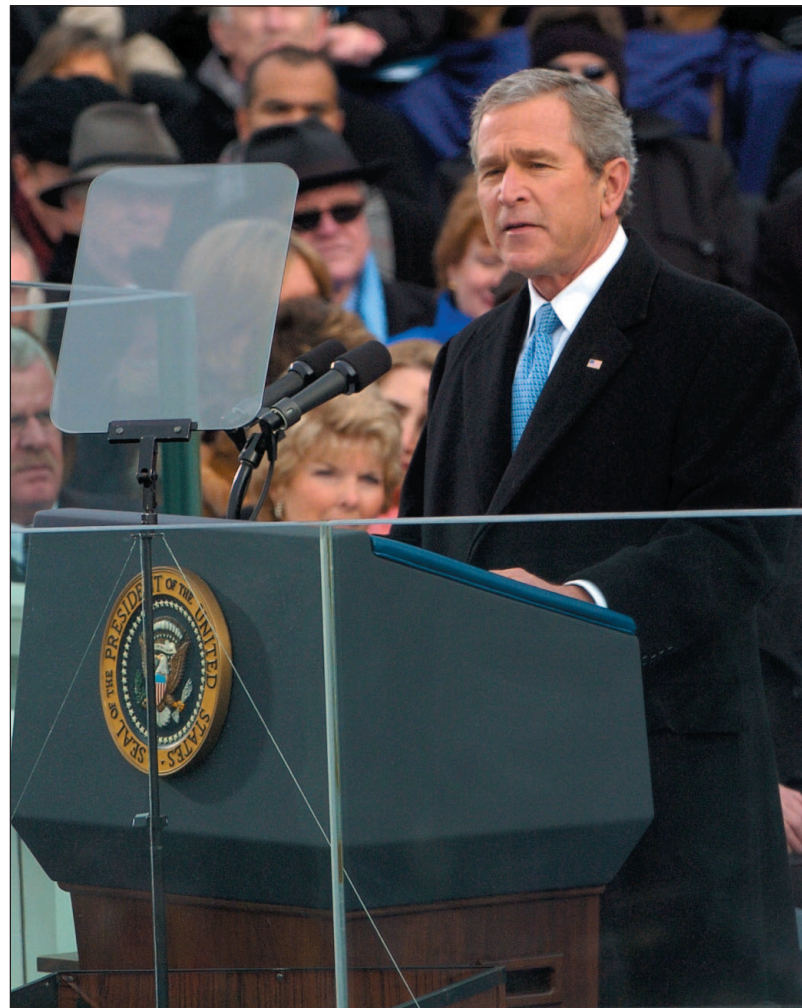
Make the choice to serve in a cause larger than your wants, larger than yourself – and in your days you will add not just to the wealth of our country, but to its character. ...

When the Declaration of Independence was first read in public and the Liberty Bell was sounded in celebration, a witness said, “It rang as if it meant something.”

In our time it means something still. America, in this young century, proclaims liberty throughout all the world, and to all the inhabitants thereof. Renewed in our strength – tested, but not weary – we are ready for the greatest achievements in the history of freedom.

May God bless you, and may He watch over the United States of America.

This is an excerpt of the Inaugural Address delivered by President George W. Bush Jan 20 in Washington, D.C. The full text of the speech can be accessed online at www.whitehouse.gov.



Tech Sgt. Kevin Gruenwald (Defense Visual Information)
President George W. Bush delivers his second inaugural address Jan. 20 in Washington, D.C. With his successful reelection bid, Bush became the nation's 16th two-term president.

Inaugural firsts

Though this was George W. Bush's second inaugural, the event wasn't without its "firsts." After becoming the first president of the 21st century in 2001, Bush became the century's first two-term president (and first to be inaugurated during a time of war). His inauguration also included the first ball dedicated to U.S. service members.

The following are other inaugural "firsts" from our nation's history:

- Another "George W." – Washington – was not only our nation's first president, but also the first to have a second inaugural ceremony, courtesy of being reelected in 1792.
- In 1809, the stylish Dolley Madison spearheaded the first Inaugural Ball, beginning a popular tradition.
- In 1817, President James Monroe was the first to have an outdoor inaugural ceremony. (He was also the last of the Revolutionary War veterans to hold office.)
- President Martin Van Buren's 1837 inauguration had the distinction of making him the first president to be born under the U.S. flag.
- Warren G. Harding became the first to use an automobile to travel to the oath ceremony. (The year was 1920 and the auto was a Pierce-Arrow touring car.)
- In 1981 President Ronald Reagan was the first to hold his inaugural on the west side, or Mall side, of the Capitol. (Presidents Bush, Clinton and Bush followed suit, holding their ceremonies there as well).

Sources: Kim Holien and Lt. Cmdr. Pamela Warnken, Joint Task Force - Armed Forces Inaugural Committee

‘Salute to Heroes’

Inaugural events highlight troops, veterans



Staff Sgt. Matthew Hannen, 1st Combat Camera Squadron
Soldiers from the U.S. Army’s 3rd Infantry Regiment – also known as “The Old Guard” – form up near the Capitol prior to marching along the inaugural parade route during a Jan. 16 practice session. More than 5,000 U.S. service members participated in the Jan. 20 inauguration of President George W. Bush. In addition to being prepared to provide area security operations in support of the Military District of Washington’s defense of the National Capital Region, Old Guard members also serve at the Tomb of the Unknowns and in the Caisson Platoon and Presidential Salute Battery.

By Sgt. 1st Class Doug Sample
American Forces Press Service

Though the military has had a part in presidential inaugurations since George Washington took office, President Bush requested that the military play an even more prominent role when he was sworn in for his second term Jan. 20.

“That was the president’s choice,” Mississippi Sen. Trent Lott told reporters during a Jan. 5 conference call from Capitol Hill to announce events for this year’s inaugural program.

The inaugural ceremony took place on the west front of the U.S. Capitol, and featured patriotic musical performances before a crowd expected to number 250,000.

Lott, who headed the Joint Congressional Committee on Inaugural Ceremonies, said the “emphasis of the day and recognition of the military will be more than usual,” adding that the president wanted a “prominence of military unit participation.”

The committee was charged with the oversight and planning of the presidential inauguration and related ceremonies on the U.S. Capitol grounds.

Military participation during inaugural ceremonies traditionally includes musical units, marching bands, color guards, firing details and salute batteries – and though the theme for this year’s inauguration – “A Vision of America” – commemorates American exploration, development and conservation, Lott said the ceremony would show the country’s gratitude for the military.

Every opportunity to express appreciation

“This is about a vision of the future of America, but it’s also a way to express our appreciation for the great job our military is doing around the world,” the senator explained. “I think that throughout the day, and throughout the whole week, you will see every opportunity taken to express our appreciation to the military.”

Navy Capt. Curt Reilly, director of public affairs for the Armed Forces Inaugural Committee, said the Defense Department worked with the Presidential Inaugural Committee to get invitations for veterans Operation Iraqi Freedom and Operation Enduring Freedom to attend some of the inaugural events.

Much of the entertainment for the ceremony was provided by military bands and singers. The U.S. Naval Academy Glee Club, the “President’s Own” U.S. Marine Corps Band, the Army Herald Trumpets and the Navy Sea Chanters all performed at inaugural-related events.

Lott noted that for the first time in inaugural history, the Air Force had a performing role. The U.S. Air Force Band accompanied tenor vocalist Air Force Tech. Sgt. Bradley Bennett, a member of the Air Force “Singing Sergeants,” in performing the national anthem.

Lott characterized Bennett’s rendition of the “Star-Spangled Banner” as “one of the most memorable moments of the whole day.”

Bennett, a native of Kent, Ohio, where he earned a degree in vocal music from Kent State University, said being chosen to sing at the inauguration is a “tremendous honor.”

“It’s very humbling, especially since it’s the Air Force’s first time,” he said. “And I would just like to say ‘thank you’ again for this tremendous opportunity.”

Following the swearing-in ceremony, the president signed Cabinet nominations and later joined invited guests for the traditional congressional luncheon.

After lunch, he was escorted by Army Maj. Gen. Galen Jackman, commander of the Military District of Washington, to the east side of the U.S. Capitol for the pass in review of military units.

Once again, the focus was on the military, as some 400 military troops marched past the reviewing stand.

When a reporter suggested that some might expect a lower-key ceremony with the nation at war, Lott noted the president’s desire to use the event to salute the people serving the nation in uniform.

“I don’t know how you would have made it lower-key and still have been able to express your appreciation verbally and vocally for what [service members] have done,” Lott said.

‘ This is a way to express our appreciation for the great job our military is doing around the world.

Sen. Trent Lott

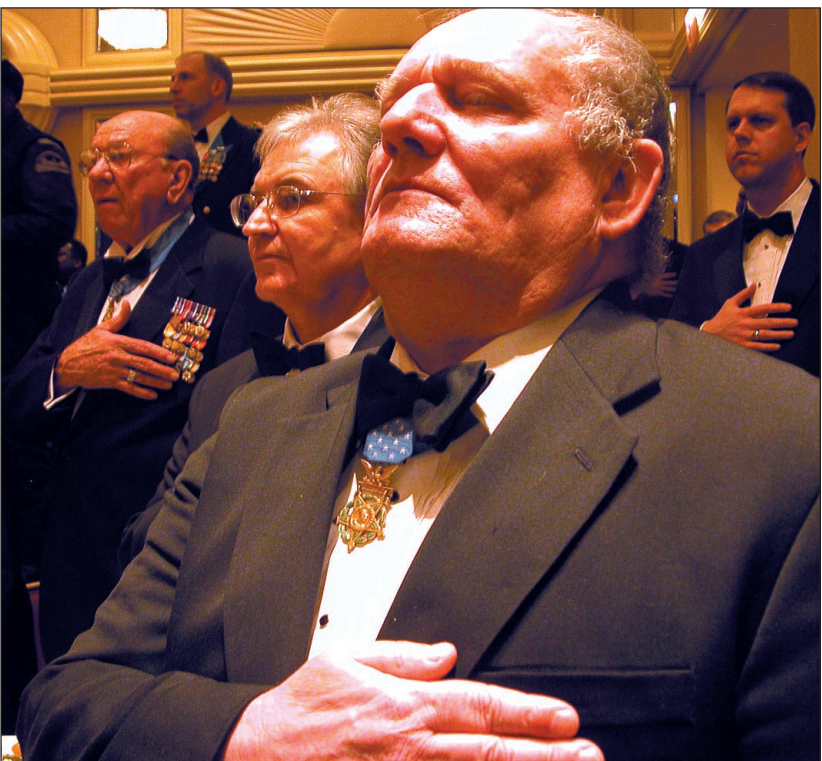
Joint Congressional Committee on Inaugural Ceremonies



Staff Sgt. Jacob N. Bailey, 1st Combat Camera Squadron
Cadets from the United States Military Academy at West Point march in formation along the inaugural parade route Jan. 20. The cadets joined thousands of other service members in inaugural-related events at the request of President George W. Bush, who Sen. Trent Lott said wanted a “prominence of military unit participation” at his second inaugural.



Staff Sgt. Matthew Hannen, 1st Combat Camera Squadron



Sgt. 1st Class Doug Sample, American Forces Press Service
[Above] Kenneth Stumpf, who earned the Medal of Honor while serving as an Army squad leader in Vietnam, pledges allegiance to the flag during the “Salute to Heroes” inaugural ball Jan. 20 in the Washington, D.C., Capital Hilton. [Left] A member of the U.S. Army Band prepares for a Jan. 16 practice session along the parade route for the United States’ 55th presidential inauguration.

Week's activities begin with salute to troops

By Donna Miles
Army News Service

As the nation prepared to celebrate its 55th presidential inauguration, President George W. Bush said Jan. 18 that he could "think of no better way to begin than by giving thanks for our freedom and those who make it possible."

The president headlined a star-studded lineup of celebrities and military and civilian government leaders who gathered at the MCI Center Jan. 18 for a gala "Saluting Those Who Serve" event.

"As I prepare to take the oath of office, I want you to know how grateful I am for your service and sacrifice, and how proud I am to be your commander in chief," Bush told the thousands of service members in attendance.

The audience also included troops deployed to Southwest Asia, who watched the gala via satellite in Baghdad, Iraq, and Bagram Air Base, Afghanistan.

"Whether you serve in the Army, the Navy, the Air Force, Marines or Coast Guard, each of you have stepped forward to serve," the president told the cheering crowd. "You have risked your lives in faraway mountains and arid deserts, in perilous skies and on the high seas, to defend liberty and to free those trapped by tyranny."

Bush cited the inauguration as an outward sign of what America is all about. "The inauguration of a president is a great moment in the life of our country," Bush said, noting that it's a

time to celebrate freedom and the power of democracy.

Bush told the troops their service and sacrifice in the war on terror is making America safer — for today and the future. "Your sacrifice has made it possible for our children and grandchildren to grow up in a safer world," he said.

But this success has come at a great cost and through tremendous sacrifice, the president noted. He acknowledged the long separations families must endure, the wounds many

"These enemies must be stopped," Bush said, "and you are the ones who will stop them."

The road ahead will be difficult and dangerous, the president said, "but we can proceed with courage and with confidence" because we live in "hopeful times, when the promise of freedom is spreading across the world.

"And the cause of freedom is in the best of hands — the hands of the United States armed forces," the president said.

service members will carry with them for the rest of their lives, the heroes who gave their lives, and the families who grieve them.

"We hold them in our hearts," Bush said. "We lift them up in our prayers."

The president paid a special tribute to military family members who stand by their loved ones as they serve the nation.

"Your families miss you and they worry about you and they pray for you, always wondering where you are and if you're safe," he said. "By their sacrifice, they also serve."

Bush said those who wear the uniform have given much, and will be asked to give more in the months and years ahead as the war on terror continues.

"In Afghanistan and Iraq, the liberty that has been won at great cost now must be secured," he said.

"We still face terrorist enemies who wish to harm our people and are seeking weapons that would allow them to kill on an unprecedented scale.



President George W. Bush salutes guests attending a pre-inaugural event honoring the men and women of the U.S. military Jan. 18. Fourteen thousand guests, including 7,000 U.S. service members, wounded service members, families of fallen service members and Medal of Honor recipients attended.



Donald P. Coleman



Grant Nulle



Eric Cramer

Soldiers take lead on inauguration day

By Gary Sheftick, Grant Nulle
and Tammy Jarrett
Army News Service

Thousands of Soldiers participated in the second inauguration of President George W. Bush Jan. 21, fulfilling duties including marching in the long inaugural parade and helping with security to supporting inaugural balls.

Soldiers with the inaugural's joint task force began duty at the parade staging area near the Pentagon at 3 a.m. Army marching units began staging there just before 8 a.m. and many of them didn't finish marching until well after nightfall.

Despite long hours enduring the cold temperatures, most Soldiers said the experience was worth the effort.

"It's quite an honor to be here," said West Point sophomore Cadet Mitch Daniels. "It's

a once-in-a-lifetime opportunity that I couldn't pass up."

Cadets compete for honor

Daniels was one of 81 cadets from West Point who spent two weeks practicing for the parade during their own time after classes.

About 160 cadets volunteered to participate in the West Point marching formation and showed up for tryouts. The best 81 were selected, said the academy's operations officer, Lt. Col. Blair Tiger.

Old Guard keeps tradition

Elements of the 3rd U.S. Infantry escorted the president in the parade — a tradition the regiment's Commander-in-Chief's Guard began in 1789 by escorting George Washington to his inauguration in New York City.

"It's an honor to be a part of history," said Pfc. Matthew Beard, a 3rd U.S. Infantry Soldier who marched this time in Division 1 of the parade.

Other Army units in the parade included The U.S. Army Band, "Pershing's Own," which led the presidential escort; a 1st Cavalry Division detachment from Fort Hood, Texas; the Commanding General's Mounted Color Guard from Fort Riley, Kan.; and a number of ROTC detachments, including marching units from Texas A&M, the Citadel and Virginia Military Institute.

Many Soldiers also attended one of the 10 sanctioned inaugural balls.

[Top] Soldiers fire a World War II-era Howitzer near the U.S. Capitol during a rehearsal for the inauguration of President George W. Bush.

[Far left] A West Point cadet is interviewed before the start of the inaugural parade.

[Near left] Members of Fort Riley Commanding General's Mounted Color Guard participate in the Jan. 20 parade.

Elections mark 'turning point' for Iraq

By Rudi Williams

American Forces Press Service

Tomorrow the world will witness a turning point in the history of Iraq, a milestone in the advance of freedom, and a crucial advance in the war on terror," President George W. Bush told the nation and the world Jan. 29 in his weekly radio address.

"They know what democracy will mean for their country: a future of peace, stability, prosperity and justice for themselves and for their children," the president said.

He quoted a Baghdad resident as saying, "This election represents what is possible. To me, it's the start of a new life."

The election in Iraq is also important for America because this "nation has always been more secure when freedom is on the march," Bush said.

"As hope and freedom spread, the appeal of terror and hate will fade," he continued. "And there is not a democratic nation in our world that threatens the security of the United States. The best way to ensure the success of democracy is through the advance of democracy.

"[The] vote will be the latest step in Iraq's journey to permanent democracy and freedom," the president said.

Those elected to Iraq's transitional National Assembly will help appoint a new government that will fully and fairly represent the diversity of the Iraqi people, Bush said. The assembly will also draft a permanent constitution that will be put to a vote of the Iraqi people this fall.

"If approved, a new nationwide election will follow in December that will choose a new government under this constitution," Bush

'The best way to ensure the success of democracy is through the advance of democracy.'

George W. Bush
U.S. President

noted.

On the Jan. 30 national ballot, voters chose from nearly 19,000 candidates competing for seats in the Transitional National Assembly, in the country's 18 provincial councils, and in the Kurdistan National Assembly, the president said.

"The terrorists and those who benefited from the tyranny of Saddam Hussein know that free elections will expose the emptiness of their vision for Iraq," Bush said.

Bush said Jordanian terrorist Abu Musab al Zarqawi – who has planned and ordered many car bombings and beheadings in Iraq – recently declared "a fierce war against" democracy in Iraq.

"He denounced as infidels all who seek to exercise their right to vote as free human beings," the president said. "Yet in the face of this intimidation, the Iraqi people are standing firm."

As democracy takes hold in Iraq,



Staff Sgt. Jonathan C. Knauth

An Iraqi man fills out his paperwork with the assistance of a translator during processing at Brahma Park, Fallujah, Jan. 25.

America's mission there will continue, the president said.

"Our military forces, diplomats and civilian personnel will help the newly elected government of Iraq establish security and train Iraqi military police and other forces," he said. "Terrorist violence will not end with the election. Yet the terrorists will fail, because the Iraqi people reject their ideology of murder."

Over the past year, successful elections have been held in Afghanistan, Malaysia, Indonesia, Georgia, Ukraine and the Palestinian territories, the president noted.

"In countries across the broader Middle East, from Morocco to Bahrain, governments

are enacting new reforms and increasing participation for their people," he said.

Bush said Iraq's election will add to the momentum of democracy. He noted that an Iraqi speaking about the vote said, "Now, most people feel they are living in darkness. It is time for us to come into the light."

"Every Iraqi who casts his or her vote deserves the admiration of the world," Bush said. "And free people everywhere send their best wishes to the Iraqi people as they move further into the light of liberty."

For more about the Iraqi elections visit www.defenselink.mil.

What happens next?

By Jim Garamone

American Forces Press Service

By any measure, the Jan. 30 Iraqi elections for a national assembly were a success. Members of the Independent Electoral Commission for Iraq said the elections exceeded their expectations.

But what happens next?

The process is spelled out as part of the Transitional Administrative Law, the document that governed how the elections were carried out and charts the road ahead.

Tallying the vote began immediately after the polls closed in Iraq. Tally sheets will go to the national center, and officials there will compile the votes. IECE officials said they should be able to announce results of the elections within 10 days.

The 275-member national assembly probably will convene sometime around the end of February or beginning of March, Iraqi officials said. The assembly must elect a president and two deputy presidents and appoint a prime minister and government ministers. The assembly will then transform into a constitutional convention.

The assembly must present a constitution no later than Aug. 15, although there is a provision in the Transitional Administrative Law that allows one six-month delay.

A national plebiscite on the new constitution must be held no later than Oct. 15. If the people approve the constitution, then elections for the first government under that constitution must be held no later than Dec. 15.

On the security side, training, equipping and supporting Iraqi forces will remain the number one priority. Iraqi security personnel handled the stresses of the election quite well, said officials. Iraqi army units and national police units at the battalion level and below are gaining experience and capabilities.

Plans call for coalition forces to "embed" more advisor units to Iraqi army and police units while continuing to train border police and other national-level police assets.

Iraqi officials hope that building local police forces will be easier following the resounding vote for democracy on Jan. 30. Local police forces have borne the brunt of terrorist attacks in the past months, and some have simply dissolved in the face of terrorist intimidation.

‘A Healthy Smile is Always in Style’

February focus on children's dental health

Stuttgart Dental Clinic Release

A healthy smile is always in style – this is not only excellent advice, it is also the theme for the 2005 edition of National Children's Dental Health Month.

Young American minds have been turning toward their teeth every February since 1941, when the first Children's Dental Health Week (later expanded to a month) was held in Cleveland, Ohio.

Area observance

In Stuttgart, dental health personnel will be participating in this national observance by visiting schools to teach about teeth and screen children for dental deficiencies, said Dr. Harvey Lum of the Stuttgart Dental Clinic.

“Attitudes and habits established at an early age are critical in maintaining good oral health throughout life,” Lum said. “By participating in the annual celebration of National Children's Dental Health Month, we can help keep children's smiles beautiful now and for years to come.”

Assault on oral health

What we eat and when we eat it may affect not only our general health, but also our oral health.

Americans are consuming foods and drinks high in sugar and starches more often and in larger portions than ever before. A steady diet of sugary foods and drinks can ruin teeth, especially among

Snack smart for your smile

- If you choose sugary foods and drinks, do so with meals. Saliva production increases during meals and helps neutralize acid products and rinse food particles from the mouth.

- Limit between-meal snacks. If you crave a snack, choose nutritious foods and consider chewing sugarless gum afterward to increase saliva flow and help wash out food and decay-producing acid.

- Drink more water.

- Brush your teeth twice a day and use floss or an interdental cleaner.

- See your dentist regularly.

those who snack throughout the day.

Sugar on teeth provides food for bacteria, which produce acid. The acid can, in turn, eat away the enamel on teeth.

Starches can be found in everything from bread to pretzels to salad dressing, so read labels and plan carefully for a balanced, nutritious diet.

For more information call the Dental Clinic at 430-8626/civ. 0711-680-8626.

[Left] Dr. Harvey Lum of the Stuttgart Dental Clinic demonstrates the proper brushing technique for patient Neil Williamson.



Sheila Williamson



Patch rally promotes food, fun, fitness

Attendees at the Jan. 27 Health, Fitness and Wellness Rally in the Patch Barracks Fitness Center found a wealth of healthy-lifestyle advice and opportunities (all free, too).

Attractions included massages by Veronica Werhane (far left), nutrition advice – and samples – from Jody Benitz (near left) and exercise tips and demonstrations courtesy of personal trainer Dena Taylor (above).

For more about health and wellness opportunities in Stuttgart call 430-4073/civ. 0711-680-4073.



Start smart, stay safe

It's that time of year again. Winter weather and freezing temperatures bring with them the possibility for cold-weather injuries including hypothermia and frostbite.

Hypothermia is caused by prolonged exposure to cold and can occur at temperatures well above freezing. Symptoms include shivering, drowsiness, mental slowness and lack of coordination.

To treat hypothermia, warm the affected area with direct body heat – do not rub the area or expose it to an open flame or other intense heat source.

Frostbite is caused by the freezing of tissue due

to exposure to below-freezing temperatures. Symptoms include numbness, tingling and blistering.

To treat frostbite, warm the affected area with direct body heat. If not treated properly, frostbite can lead to gangrene and amputation.

The most important preventative measure for avoiding cold weather injuries is planning. Just as important is wearing cold weather clothing properly – loose and in layers.

For more information visit the Winter Safety section of www.hqusareur.army.mil and click



Keith Allred gets a shoe consult from Capt. Don Goss during Garmisch's fourth annual Health Fair.

Healthy people = Happy people Fitness experts educate community

Story & photo by Jen Stephan

With New Year's resolutions of "getting fit" fresh in their minds, several Garmisch area residents may have already bought themselves a new pair of cross trainers or thrown out all of the leftover Christmas candy in their kitchen cupboards.

But if they attended the Mueller Fitness Center's 4th Annual Health Fair Jan. 20, they also got the support and information to change what might be a temporary vow into a permanent lifestyle choice.

The health fair featured stations and demonstrations by health and fitness experts from Stuttgart and Garmisch.

Healthy bodies

In one stop, participants could get tips on tobacco cessation, Pilates and dietary supplements, have their blood pressure and cholesterol levels checked or have their running stride recorded on video and then analyzed by trained physical therapists.

"The most important thing we try to do is teach people about injury prevention," said physical therapist Staff Sgt. Maria De Hoyos.

Participant Rob Fields, who had just been given specific stretches to improve his stride, agreed with De Hoyos.

"Our community is super oriented toward outdoor activities and it seems like everybody I know has gotten an injury at one time or another," he said. "But the information you learn at events like this really cuts down on that."

Twenty-five demonstrations were given throughout the day on a variety of topics, including "How to Lose Weight and Keep it Off," "How to Snack Without Getting Fat," "Low Carb [Diets] vs. Low Fat

The more information we get out there, the healthier community and work force we create.

David Oakland
Mueller Fitness Center

[Diets]," "Cross Country Skiing," "Snowshoeing" and "Nutrition for the Cold Season."

"The more information we get out there, the healthier community and work force we create," explained Fitness Center Director David Oakland. "The health fair is a way of getting people into our facility to see what we have to offer."

Healthy minds

Not all of the health fair's focus was on physical fitness; there were also demonstrations devoted to improving mental fitness as well.

Social worker Tatjana Schulz emphasized that a fit body goes hand in hand with a healthy mind. "[Most] of us know already how to alleviate stress and lose weight – the key is to discover what motivates each of us and to find the passion," she said. "We are all our own best experts."

"I come [to the health fair] every year and I think this is one of the best events in the community. Everybody living here should take advantage of it," said participant Carol McCarthy.

When asked what motivated him to work as a volunteer for the health fair while on a short break from his job in Iraq, Jason Jarvis summed up simply: "Healthy people are happy people."

Black Knights to play as independents in 2005

Ross enthusiastic about non-conference competition

Army News Service



www.goarmysports.com

Junior quarterback Zac Dahman rolls out during the Black Knights' 42-13 loss to archrival Navy Dec. 4. After six seasons as a member of Conference USA, Army will play an independent schedule in 2005.

Five teams that qualified for postseason bowl games last season and seven squads with winning records a year ago highlight Army's 2005 football schedule, the Black Knights' first independent slate since 1997, Director of Athletics Kevin Anderson announced Jan. 28.

"I like the schedule," said head coach Bobby Ross. "I think it's a very good one. There's a good balance of football teams on it. We're playing four teams that went to bowl games last year, and all of them are very formidable foes. Our people did a remarkable job of putting together a very competitive schedule considering the fact that this will be our first year as an independent."

Army's six-game home schedule includes dates with New Hampshire, Baylor, Iowa State, Connecticut, Central Michigan and Massachusetts.

The Black Knights will battle service academy foes Air Force in Colorado Springs and Navy in Philadelphia.

The team's 2005 opponents include two schools from the Big 12 Conference, two from the Mountain West, two from the Mid-American, one from the Big East and one from the Atlantic Coast.

The Black Knights will open their 2005 campaign on Sept. 3, with a home date against New Hampshire on Labor Day weekend.

The Wildcats are coming off an outstanding season in which they posted a 10-3 record and advanced to the quarterfinals of the Division I-AA playoffs.

Army will end its 116th season of intercollegiate play on Dec. 3 when Army battles archrival Navy at

'I'm excited about our return to independent status. We're a national school. We should not be restricted to playing in a certain area of the country like we were with the conference affiliation.'

Bobby Ross
Army Head Coach

Philadelphia's Lincoln Financial Field. It will stand as the 106th edition of the time-honored pairing, the third Army-Navy game to be held at "The Linc," and the 79th classic to be played in the city of Philadelphia.

"I'm excited about our return to independent status. We're a national school. We should not be restricted to playing in a certain area of the country like we were with the conference affiliation," Ross said.

"I'm looking forward to playing an Independent schedule. Ultimately, I like a good, tough schedule. I'm very excited about it."

For more about the U.S. Military Academy at West Point visit www.usma.edu. For more about Army football visit www.goarmysports.com

— ‘Stars’ shine in Patch gym — January event showcases area’s top unit-level players

Story & photos
by Hugh C. McBride

March Madness came early to Stuttgart this year. Two months before college basketball’s best square off in the annual two-week hoops orgy that is the NCAA Division I tournament, the top unit-level players in the Stuttgart military community put on their own show for area fans Jan. 21 in the Patch Fitness Center gymnasium.

Stuttgart’s inaugural “Night of the Stars” featured 32 athletes, two games, one 3-point shoot-off and of course a slam dunk contest.

Sponsored by the 6th Area Support Group Sports and Fitness office, the event was designed both to challenge the community’s best players and to offer an action-packed evening for area spectators.

From the size of the crowd to the obvious intensity of the “friendly” competition, the

The stars that shone
the brightest:

Anthony White
3-point champion

Joe Harvey
Slam-dunk champion

Curtis Mayes
MVP, over-30 game

Seni Payton
MVP, unit-level game

evening appeared to have met both of these goals.

Steve Sanders, who shared master-of-ceremonies duties with Sports & Fitness Director Ollie Stith, said fans should get used to seeing the area’s best square off.

“We’re planning to do All-Star games like this for every unit-level sport,” he said.

For more about local sports call 430-4512/civ. 0711-680-4512 or 430-7136/civ. 0711-680-7136.

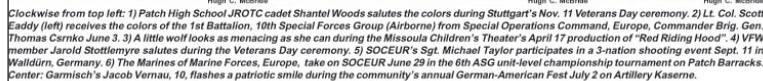


[Above] Curtis Mayes lines up a jumper during the Over-30 game – the first of two contests during the Jan. 18 “Night of the Stars.”

[Right] Ricky Russell returns to Earth after a thunderous jam during the between-games slam dunk contest.



Media Center can get your message out



Lodging Facilities To Ban Smoking

All on-post lodging facilities in Stuttgart will convert their smoking rooms to non-smoking rooms by the end of January. This decision is the result of customer comments collected on surveys by the

The Citizen newspaper and Stuttgart Community Post weekly bulletin are just two of a range of multimedia publicity options available to community members through the 6th Area Support Group Public Affairs Office Media Center.